

**WHAT IS THE BEST FORM OF MAGNESIUM?  
IT ALL DEPENDS...**

**A FEW DEFICIENCY SYMPTOMS**

Chronic fatigue, weakness and exhaustion  
Excessive noise and pain sensitivity  
High blood pressure  
Headaches  
Irritability, nervousness, anxiety  
Depression and apathy  
Muscle spasms, tics, cramps, tremors  
(esp. of hands, feet, or facial muscles)  
Difficulty with memory and concentration  
Insomnia  
Chronic constipation  
Chronic excessive muscle tension  
Confusion and disorientation  
Anorexia (poor appetite)  
Emotional instability/overreaction  
Ataxia (an impaired ability to coordinate movement)  
Irregular or rapid heartbeat

**MAGNESIUM ONLINE LIBRARY**

**EPSOM SALTS BATHS**

[NIH overview](#)

[Magnesium and health](#)

[9 Types of Magnesium](#)

[11 Benefits of Magnesium](#)

★ [Mad about magnesium](#)

[Magnesium association](#)

★ [A Natural Antihistamine](#)

[Types of magnesium supplements](#)

**Chelates have less tendency to  
loosen the stools than other forms.**

**Magnesium is absorbed after it  
dissolves, so ability to dissolve is the  
important factor. Additional activity  
arises from other complexed  
molecules -- i.e. chloride, taurate, etc.**

**Transdermal magnesium does not produce GI  
effects. It may be in a lotion, bath salts, oil.**

**MAGNESIUM**

**Mag. oxide** Poorly absorbed  
High concentration  
Often used in reflux, constipation

**Mag. malate** Used in chronic fatigue  
Helps energy metabolism

**Mag. citrate** Inexpensive  
Bioavailable  
Low concentration  
Tendency to loosen stools

**Mag. taurate** No GI upset  
Special properties for heart  
Both stabilize cell membranes

**Mag. sulfate** Epsom salts, used externally  
Used in intra-venous applications

★ **Mag. chloride** Most water-soluble  
Found in sea water  
Skin products are MgCl in oil

★ **Mag. l-threonate** For brain and nervous system

**Mag. aspartate** Avoid, may be neurotoxic

★ **Mag. orotate** Most effective form  
Orotates used in DNA, RNA repair

**Mag. picolinate** Inexpensive  
Easily made into liquid

★ **Mag. lactate** Muscle relaxant  
Metabolically active  
Avoid if kidney problems

**Mag. carbonate** Antacid in small doses  
Laxative in larger doses

★ **Mag. glycinate** Absorption independent of HCl  
Supports muscle relaxation, nervous system



**AMINO ACID CHELATES**

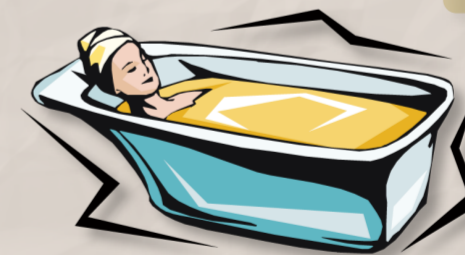
Magnesium Glycinate  
Magnesium Lysinate  
Magnesium Orotate  
Magnesium Taurate

**MINERAL SALT FORMS**

Magnesium Bicarbonate  
Magnesium Carbonate  
Magnesium Chloride  
Magnesium Hydroxide  
Magnesium Oxide  
Magnesium Phosphate  
Magnesium Sulfate

**ACID COMPLEXES**

Magnesium Ascorbate  
Magnesium Aspartate  
Magnesium Citrate  
Magnesium Fumarate  
Magnesium Gluconate  
Magnesium Glutamate  
Magnesium Lactate  
Magnesium Malate  
Magnesium Picolinate  
Magnesium -l-Threonate



**FOOD SOURCES**

Green vegetables  
Legumes  
Nuts and seeds  
Whole grains

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